

Happy New You!

HMSA's Online Care can help you reach your health goals in 2012.



HMSA's Online Care

Need to lose weight? Exercise more? Eat healthier?

In addition to speaking to doctors or other health care providers online or by phone, Online Care connects you to health care professionals to help you achieve your health goals in the new year:

- A registered dietitian can answer your questions on a balanced diet.
- Certified personal trainers can help you find ways to be more physically active.

Online Care can also help you keep track of your blood pressure, cholesterol, weight, and other health statistics.

To use HMSA's Online Care, visit hmsa.com and register for My Account.



An Independent Licensee of the Blue Cross and Blue Shield Association